

Activities for Adults

**FOR FURTHER INFORMATION ON ANY OF OUR CLASSES OR TO REGISTER, CALL 562-383-4200.
TO REGISTER ONLINE VISIT: [HTTPS://APM.ACTIVECOMMUNITIES.COM/CITYOFLAHABRA/HOME](https://apm.activecommunities.com/cityoflahabra/home)**

The City reserves the right to substitute instructors, cancel activities, change dates, times and/or locations as necessary without public notice. We apologize for any resulting inconvenience.

Dance

BEGINNING LINE DANCE

Join this introductory class for new dancers! Through basic steps with easy-to-follow instructions, you will learn popular line dances being done in all the country western dance clubs. It's also good exercise and a great way to have fun!

Instructor: Nikki Sickles

Age: 16+ yrs Fee: \$47/6 wks Location: LHCC
#2505.300 MON 6/10-7/15 7:00-8:30 pm

INTERMEDIATE LINE DANCE

Get ready to learn some of those popular but slightly more challenging line dances being done in all the country western dance clubs! Basic line dance experience recommended, but not required.

Instructor: Nikki Sickles

Age: 16+ yrs Fee: \$40/5 wks Location: LHCC
#2509.300 MON 7/29-8/26 7:00-8:30 pm

SWING DANCE 1

★NEW★ Learn the fundamentals of the most popular and useful swing dances — East Coast Swing, Jitterbug, and West Coast Swing. You will develop lead and follow skills while learning the basic patterns and techniques of each dance. Class is taught by Rudy & Maria Hernandez, Whittier's elite professional dance couple and choreographers of *Dancing with the Whittier Stars*. **No class on Monday, August 5th.**

Instructor: Rudy & Maria Hernandez

Age: 16+ yrs Fee: \$81/8 wks Location: PP
#2508.300 MON 6/17-8/12 7:00-7:45 pm

BALLROOM DANCE 1

Learn the fundamentals of the most popular and useful social dances — Foxtrot, Waltz, Rhumba and Cha-Cha. You will develop lead and follow skills, while learning the basic patterns and techniques of each dance. Class is taught by Rudy & Maria Hernandez, Whittier's elite professional dance couple & choreographers of *Dancing with the Whittier Stars*. **No class on Tuesday, August 6th.**

Instructor: Rudy & Maria Hernandez

Age: 16+ yrs Fee: \$81/8 wks Location: PP
#2501.300 TUE 6/18-8/13 7:00-7:45 pm

BALLROOM DANCE 2

This class is a continuation of Level 1 (with instructor's approval). Learn new patterns and techniques to develop your skills to feel comfortable on the dance floor. Class is taught by Rudy & Maria Hernandez, Whittier's elite professional dance couple and choreographers of *Dancing with the Whittier Stars*. **No class on Tuesday, August 6th.**

Instructor: Rudy & Maria Hernandez

Age: 16+ yrs Fee: \$81/8 wks Location: PP
#2501.301 TUE 6/18-8/13 7:50-8:35 pm

LATIN DANCE 1

Learn the fundamentals of the most popular and useful Latin dances — Salsa, Bachata, and Merengue. You will develop lead & follow skills while learning basic patterns and techniques of each dance. Class is taught by Rudy & Maria Hernandez, Whittier's elite professional dance couple and choreographers of *Dancing with the Whittier Stars*. **No class on Wednesday, August 7th.**

Instructor: Rudy & Maria Hernandez

Age: 16+ yrs Fee: \$81/8 wks Location: PP
#2504.300 WED 6/19-8/14 7:00-7:45 pm

BELLY DANCING WITH YERIL

Belly dancing, with its mystical movements, will inspire your spirit to breathe, expand and stretch. Come and celebrate the goddess within! With sharp hip accents, shimmies, undulations and veil work, you'll get an intense workout that feels wonderful. **No class on Saturday, July 6th & August 3rd.**

Instructor: Yeril Barlup

Age: 15+ yrs Fee: \$37/8 wks Location: LHCC
#2503.300 (Beg).. TUE 6/18-8/6 7:30-8:30 pm
#2503.301 (Beg)... SAT 6/15-8/17 11:00 am-12:00 pm
#2502.300 (Int) ... WED 6/19-8/7 7:30-8:30 pm
#2502.301 (Int) SAT 6/15-8/17 10:00-11:00 am

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INFANT, PRESCHOOL & SCHOOL-AGE PROGRAMS

Services provided for children
6 weeks to 12 years of age

6:15 am–6:00 pm

562-383-4270

Must meet eligibility requirements.



EARLY HEAD START

Federally funded home-based educational enrichment program for children 0 to 2 years old and pregnant mommies. Home visits are conducted once a week for 1½ hours. Group socialization activities occur once every two weeks. **562-383-4270**

STATE PRESCHOOL

State funded program for 3 to 5 year old children. Part-day (3 hours) or full-day (11 hours, 15 minutes) services are available. **562-383-4270**

FAMILY CHILD CARE HOME PROVIDERS

Subsidized Child Care in Family Child Care Homes for Infants 6 weeks old to 3 years. **562-383-4285**

SCHOOL-AGE YEAR ROUND SUBSIDIZED CHILD CARE

Before and After school program/full-day.

Transportation to and from La Habra City School District on school buses.

Please call for more information. Fees are based on income. **562-383-4250**

Children enrolled in the Center-based programs are provided with nutritious meals based on CACFP guidelines.

Fitness for Fun

FITNESS BOOTCAMP

Prestige Fitness provides full body Fitness Bootcamp classes where we emphasize building lean muscle and increase endurance through our 50-minute circuit style training. Our workouts are different every day so that we build on different muscle groups each time you come to class. Most importantly, be a part of a motivating, encouraging and driven fitness family that will help you reach your fitness goals! Five classes are offered each week; participants can attend as many or as few as they'd like. **No class on Thursday, July 4th.**

Instructor: Premier Martial Arts & Mentorship

Age: 16+ yrs	Fee: \$50/4 wks	Location: PMA
#3034.300	TUE 6/4-6/25	7:30-8:20 pm
	THUR 6/6-6/27	7:00-7:50 pm
	SAT 6/1-6/29	8:00-8:50 am
#3034.301	TUE 7/2-7/30	7:30-8:20 pm
	THUR 7/11-7/25	7:00-7:50 pm
	SAT 7/6-7/27	8:00-8:50 am
#3034.302	TUE 8/6-8/27	7:30-8:20 pm
	THUR 8/1-8/29	7:00-7:50 pm
	SAT 8/3-8/24	8:00-8:50 am

ADULT BEGINNER ICE SKATING

Beginning ice skating made fun and easy! Learn to skate across the ice forward and backward, glide on one foot, stop, hop, turn and more! Skate rental and public skating from 3:30 to 5:30 pm or 7:00 to 9:00 pm for the Wednesday class and 11:30 am to 1:00 pm for the Thursday class, and three additional public skating passes (to be used during your 4-week session) are included in the fee. Please arrive 15 minutes early to the first class and dress warmly. **No class on Thursday, July 4th.**

Age: 16+ yrs	Fee: \$49/4 wks	Location: AI
#3003.300	WED 6/19-7/10	7:00-7:30 pm
#3003.301	WED 7/31-8/21	7:00-7:30 pm
#3003.302	THUR 6/13-7/11	12:30-1:00 pm
#3003.303	THUR 8/1-8/27	12:30-1:00 pm

YOGA FOR A HEALTHY SPINE

This class offers a series of asanas (poses) that will encourage proper spinal alignment and posture throughout the body. It will help keep your spine strong and flexible. Please bring your own yoga mat; any additional equipment needed will be provided at the facility.

Instructor: Gina Brown/Brown Chiropractic

Age: 20+ yrs	Fee: \$80/13 wks	Location: BC
#3021.300	MON 6/3-8/26	8:30-9:30 am

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

FLOOR, CORE & MORE

You'll be challenged through different stations or sets of exercises in this class, as we focus on contouring the body to help improve strength, bone density, power, flexibility and maximum calorie burn. Any extra exercise tools needed for this class will be provided at the facility.

Instructor: Gina Brown/Brown Chiropractic

Age: 20+ yrs Fee: \$70/11 wks Location: BC
#3028.300 FRI 6/14-8/30 8:30-9:30 am

BOOTY BARRE & CORE BURN

Join us for a core and lower body workout, concentrating on the areas most women struggle with — hips, thighs, booty and abs. We'll incorporate barre work, which helps with support and balance, while sculpting and toning your muscles. Any extra exercise tools needed for this class will be provided at the facility. Please wear workout shoes and comfortable clothing.

Instructor: Liana Lazos/Brown Chiropractic

Age: 20+ yrs Fee: \$63/10 wks Location: BC
#3009.300 SAT 6/15-8/24 8:30-9:30 am

ONE BODY STUDIOS CLASSES

Please arrive 15 minutes prior to your first class meeting.

MORNING PILATES MAT

Our Pilates Mat classes are designed to strengthen core muscles and align the body. Using the Pilates foundation of slow, sustained, controlled movement, our classes will help you achieve a balanced, lean, muscular physique. At One Body Studios, we also incorporate the use of Pilates props to assist our students in properly executing these fun and challenging exercises.

Age: 18+ yrs Fee: \$50/6 wks Location: OBS
#3018.300 MON 6/10-7/15 8:00-9:00 am
#3018.301 MON 7/22-8/26 8:00-9:00 am

POP PILATES

POP Pilates is a combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, which results in an intense workout that is FUN and effective.

Students will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit YOUR personal needs. You'll leave feeling sweaty, strong and ready to take on MORE.

Age: 18+ yrs Fee: \$50/6 wks Location: OBS
#3029.300 THUR 6/13-7/18 7:30-8:30 pm
#3029.301 THUR 7/25-8/29 7:30-8:30 pm

SUMMER SOUNDBATH SERIES

★NEW★ Dr. Jennifer Palladino is a Doctor of Chiropractic who is a certified Sound Healer and Reiki practitioner trained to heal and revitalize the mind, body, and spirit. With sound healing instruments such as gongs, Tibetan bowls, handpan, drums, chimes, bells, crystal singing bowl, sounds of nature, and other instruments of attunement, Dr. Jen will guide soundbath participants into a deeply relaxing and rejuvenating meditation.

Age: 18+ yrs Fee: \$45/1 mtg Location: OBS
3020.300 SUN 6/30 6:30-7:30 pm
3020.301 SUN 7/28 6:30-7:30 pm
3020.302 SUN 8/25 6:30-7:30 pm

YOGA

Is yoga right for you? It is if you want to fight stress, get fit, and stay healthy! Yoga energizes the body and calms the mind through a variety of poses emphasizing balance, breath, and deep stretching. This all-levels class perfectly blends standing with seated poses, giving you a full body workout. The class closes with a guided relaxation, leaving you feeling relaxed and rejuvenated.

Age: 18+ yrs Fee: \$50/6 wks Location: OBS
#3019.300 MON 6/10-7/15 6:30-7:30 am
#3019.301 MON 7/22-8/26 6:30-7:30 am
#3019.302 WED 6/12-7/17 6:30-7:30 pm
#3019.303 WED 7/24-8/28 6:30-7:30 pm
#3019.304 THUR 6/13-7/18 9:00-10:30 am
#3019.305 THUR 7/25-8/29 9:00-10:30 am
#3019.306 FRI 6/14-7/19 8:00-9:00 am
#3019.307 FRI 7/26-8/30 8:00-9:00 am

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LA HABRA CITY SCHOOL DISTRICT ANNOUNCES ONLINE

TRANSITIONAL KINDERGARTEN/ KINDERGARTEN REGISTRATION FOR THE 2019-2020 SCHOOL YEAR

Success starts here! Families can begin online registration for the 2019-2020 school year by visiting the La Habra City School District website: www.lahabraschools.org.

To enter *Kindergarten*, your child must be 5 years of age on or before September 1, 2019. To enter *Transitional Kindergarten*, your child must be 5 years of age on or before December 2, 2019. Students whose birthdays falls after the December 2nd date will be considered for enrollment on an individual basis as availability allows through April 1, 2020.

If you have any questions, please call **562-690-2305**.

La Habra's Military Recognition Banner Program

The City of La Habra invites you to participate in the La Habra Military Recognition Banner Program, which offers an opportunity to honor past and present military personnel who reside in the city.

Who qualifies for a banner?

Anyone who lives or lived in La Habra during their military service.

What do the banners look like?

Banners are made from a 15 oz. double-sided "blackout" material and measure 30" by 90" with 2" top and bottom pockets.

Where will the banners be displayed?

They will be installed by the City along the North side of La Habra Blvd.

How long will the banner be displayed?

Banners will be displayed for one year to ensure quality, and then given to the family as a keepsake after being removed.

What is the cost of the banner?

The cost is \$175 per banner, which includes banner, installation & care.

How can I order a banner?

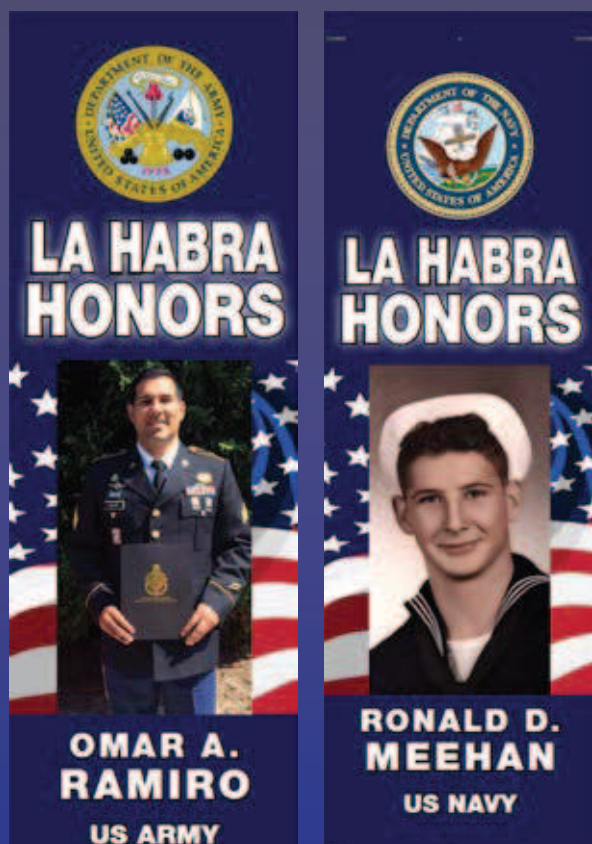
Contact Marcia Taylor at mtaylor@lahabraca.gov or 562-383-4207.

BANNER INSTALLATION SCHEDULE:

May Installation — Memorial Day

Banner request and payment due by May 1st

November Installation — Veterans Day



PLEASE NOTE: The City will not be responsible for replacing banners that are stolen, damaged or destroyed due to sun, weather, age, vandalism or any act of nature beyond our control, such as high winds

Fitness for Fun

ASPIRE WELLNESS STUDIO CLASSES

HATHA YOGA

Yoga exercises the whole body. In this class, we explore different yoga postures and sequencing focusing on stretching and toning muscles. All levels of experience are welcome.

Age: 18+ yrs	Fee: \$28/4 wks	Location: AWS
#3022.300.....	SUN 6/9-6/30	9:00-10:00 am
#3022.301.....	SUN 7/7-7/28	9:00-10:00 am
#3022.302.....	SUN 8/4-8/25	9:00-10:00 am

GENTLE YOGA

This gently paced class uses therapeutic sequencing, breath work, props and visualization to help restore balance and harmony to the mind and body. All levels of experience are welcome. **No class on Thursday, July 4th.**

Age: 18+ yrs	Fee: \$28/4 wks	Location: AWS
#3025.300.....	THUR 6/6-6/27	5:30-6:30 pm
#3025.301.....	THUR 7/11-8/1	5:30-6:30 pm
#3025.302.....	THUR 8/8-8/29	5:30-6:30 pm

INTRODUCTION TO PILATES REFORMER

The Reformer is one of the most popular pieces of equipment used in Pilates. The Reformer allows clients to feel supported in the movement, while adding resistance to help develop muscular strength. It's a total body workout centered on control, functional breathing, posture and balance. This class is designed for beginners or those with some experience using the Pilates Reformer or for those who need a class at a slower pace.

Age: 18+ yrs	Fee: \$64/4 wks	Location: AWS
#3004.300	TUE 6/4-6/25	6:00-7:00 pm
#3004.301	TUE 7/2-7/23	6:00-7:00 pm
#3004.302	TUE 7/30-8/20	6:00-7:00 pm

PILATES REFORMER

The Reformer is one of the most popular pieces of equipment used in Pilates. The Reformer allows clients to feel supported in the movement while adding resistance to help develop muscular strength. It is a total body workout centered around control, functional breathing, posture and balance.

Age: 18+ yrs	Fee: \$64/4 wks	Location: AWS
#3024.300	MON 6/3-6/24	6:00-7:00 pm
#3024.301	MON 7/1-7/22	6:00-7:00 pm
#3024.302.....	MON 7/29-8/19	6:00-7:00 pm
#3024.303.....	SAT 6/8-6/29	9:00-10:00 am
#3024.304.....	SAT 7/6-7/27	9:00-10:00 am
#3024.305.....	SAT 8/3-8/24	9:00-10:00 am

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EVENING PILATES MAT

Pilates Mat class incorporates a series of movements designed to increase core strength using the body's own resistance to improve circulation, breathing, posture and body awareness. Classes incorporate small equipment, such as bands, magic circles, foam rollers and balls of various size. All levels of experience are welcome.

Age: 18+ yrs	Fee: \$28/4 wks	Location: AWS
#3033.300.....	MON 6/3-6/24	7:00-8:00 pm
#3033.301.....	MON 7/1-7/22	7:00-8:00 pm
#3033.302.....	MON 7/29-8/19	7:00-8:00 pm

PILATES YOGA STRETCH & TONE

Destress from your day with a peaceful, energizing yoga and Pilates experience by candlelight. Tone and stretch the total body with mat Pilates exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles with the aid of Dynaflex bands and exercise balls. This class also includes in-depth instruction on basic yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Beginning and intermediate levels are introduced. Please bring a yoga sticky mat, blocks, strap, and inflatable exercise ball to class.

*Instructor: Angela King,
Registered Yoga Alliance Certified Teacher (RYT)*

Age: 15+ yrs	Fee: \$40/6 wks	Location: LHCC
#3008.300	MON 7/15-8/19	5:45-6:45 pm

YOGA BY CANDLELIGHT

Destress from your day with a peaceful, energizing yoga experience by candlelight. Tone and stretch the total body with yoga exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles. This class also includes in-depth instruction on yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Advanced beginner and intermediate levels are taught. Please bring a yoga sticky mat, blocks, and strap to class.

*Instructor: Angela King,
Registered Yoga Alliance Certified Teacher (RYT)*

Age: 15+ yrs	Fee: \$40/6 wks	Location: LHCC
#3001.300	MON 7/15-8/19	7:00-8:00 pm

ZUMBA®

Ditch the workout and join the party! Zumba is an easy to follow dance fitness program for people of all ages. Let loose to Latin-inspired rhythms and fun moves that get your body movin' and your heart pumpin'! Join your groove with mine, and let's burn some calories and have a blast! **Returning students receive a \$5 discount. Must register in person or by phone by the first class meeting in order to receive the discount.**

Instructor: Katrina Fritter, Licensed Zumba Instructor

Age: 12+ yrs	Fee: \$37/7 wks	Location: ALH
#3012.300	TUE 6/4-7/16	7:30-8:15 pm
Age: 12+ yrs	Fee: \$32/6 wks	Location: ALH
#3012.301	TUE/THUR 8/13-8/29	7:30-8:15 pm

ZUMBA GOLD WITH LEONOR

Get fit and stay healthy with Zumba Gold. Learn to dance salsa, merengue, cha-cha, mambo, cumbia, line dance and much more, while getting a great workout. Participants not only work their bodies in this class, but they sharpen their minds as they learn new routines. Instructor Leonor Garza has been teaching Zumba Gold since 2008; her passion is helping her clients stay in good health through dance exercise. **No class on Wednesday, July 3rd.**

Instructor: Leonor Garza

Age: 55+ years	Fee: \$32/10 wks	Location: ALH
#3031.300	WED 6/12-8/21	11:00 am-12:00 pm

EASY MOVEMENT

This class includes easy moves that start with the head and neck and work all the way down to your toes! Instructor Karon Thomas has taught this class for 13+ years, as well as teaching dance for many years. She combines moves from modern dance, ballet, jazz, Tai Chi walking, yoga, Chi Gong and aerobics to give you a thorough, safe workout. Please bring two 1-lb. weights or two 1-lb. cans of food to class.

Instructor: Karon Thomas

Age: 40+ yrs	Fee: \$52/8 wks	Location: LHCC
#3026.300	TUE 6/11-7/30	5:30-6:30 pm

TAI CHI: LIU HE BA FA

Six harmonies eight methods uses small increments to release the whole body, mind and spirit into every move. All moves are both attacks and defense. 16 movements unlock 66 movements, 66 movements explore triangles, circles and squares.

*Instructor: Nancy O'Brien,
Certified International Judge (Tai Chi)*

Age: 7+ yrs	Fee: \$52/7 wks	Location: LHCC
#3007.300.....	MON 6/3-7/15.....	7:00-8:30 pm

Age: 7+ yrs	Fee: \$45/6 wks	Location: LHCC
#3007.301.....	MON 7/22-8/26.....	7:00-8:30 pm

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MYSTERIUM THEATER
at the Depot Theater, 311 S. Euclid St.

The Drowsy Chaperone
June 14th-July 7th

Call the Box Office at 562-697-3311
or visit mysteriumtheater.com for
performance times and tickets.

Fitness for Fun

TAI CHI CHUAN

This class includes eight treasures and 24 form. Movements are low impact with high health benefits. Slow movements and slow breathing help to develop balance, flexibility and stamina, while reducing stress. **June 8th & August 3rd classes will meet at Oeste Park, 2300 W. Lambert Rd.**

*Instructor: Nancy O'Brien,
Certified International Judge (Tai Chi)*

Age: 7+ yrs	Fee: \$45/6 wks	Location: LHCC
#3011.300	SAT 6/8-7/13	10:30 am-12:00 pm
#3011.301	SAT 7/20-8/24	10:30 am-12:00 pm

JACKI'S AEROBIC DANCING

Jacki's aerobic dancing is a fitness program that is totally FUN! Participants learn progressive choreographed dances that are designed to give an excellent cardiovascular and muscular workout. Participants dance to a wide variety of music at their own level of fitness. A good supportive shoe and towel or mat are required. **No class on Monday, September 2nd.**

Instructor: Nancy McNabb

Age: 15+ yrs	Fee: \$105/10 wks	Location: LHCC
#3005.300	MON/WED 7/15-9/18	5:45-6:45 pm

Age: 15+ yrs	Fee: \$85/8 wks	Location: LHCC
#3005.301	MON/WED 7/15-9/4	5:45-6:45 pm

Age: 15+ yrs	Fee: \$55/5 wks	Location: LHCC
#3005.302	MON/WED 7/15-8/14	5:45-6:45 pm

X-TREME FITNESS KICKBOXING

Are you ready to make a change with your body? Take control over your body with Fitness Kickboxing! It's a workout where you can kick and punch your way to achieving the fitness goals you've always wanted. Fitness Kickboxing is the best total body workout to lose weight, tone and shape up, gain endurance and flexibility, relieve stress, meet new friends and have fun. This class is the #1 calorie-burning workout, consuming an amazing 800 calories per hour. Classes are ongoing for women and men with ALL levels of fitness ability. Must have gloves or buy them for \$25 at first class meeting. Please arrive 15 minutes before first class meeting. **No class on Monday, July 1st & Wednesday July 3rd.**

Instructor: Amanda Molina

Age: 13+ yrs	Fee: \$50/4 wks	Location: FMA
#3006.300	MON 6/10-7/8	7:45-8:30 pm
#3006.301	WED 6/12-7/10	7:45-8:30 pm
#3006.302	MON 7/22-8/12	7:45-8:30 pm
#3006.303	WED 7/24-8/14	7:45-8:30 pm

KRAV MAGA FOR PERSONAL SELF-PROTECTION

Learn easy, effective self-protection from the most common threats and street attacks! Anyone can come and learn. It's also a fun workout that will reduce stress and get you into shape. Participants MUST bring gloves and purchase a t-shirt at the first class for \$17. Please arrive 15 minutes before first class meeting. **No class on Monday, July 1st & Wednesday July 3rd.**

Instructor: Frazier Martial Arts

Age: 15+ yrs	Fee: \$50/4 wks	Location: FMA
#3014.300	MON 6/10-7/8	6:45-7:30 pm
#3014.301	SAT 6/15-7/6	8:30-9:15 am
#3014.302	WED 7/24-8/14	6:45-7:30 pm
#3014.303	SAT 7/27-8/17	8:30-9:15 am

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City of La Habra Facility Rentals

Grand Ballroom

La Habra Community Center, 101 W. La Habra Blvd.

- 6,022 square feet of spacious accommodations
- Holds up to 400 Banquet Style, 600 Theater Style
- Banquet & Meeting Rooms Available
- Smaller rooms available at hourly rates
- Perfect for birthday parties & small gatherings

Also Available:

Veteran's Memorial Hall, 209 N. Orange St. (at Erna)

- 1,860 square feet
- Holds up to 150 Banquet Style, 250 Theatre Style

City Hall Atrium, 110 E. La Habra Blvd.

- 3,100 square feet
- Holds up to 150 Banquet Style, 250 Theatre Style

*Perfect for Quinceañeras, Wedding Receptions, Graduations,
Baptisms, Retirements, Business Meetings & More!*

Contact Alicia Kautz at 562-383-4219 for reservations or additional information.

Music

VOICE FOR ADULTS

★NEW★ Do you like to sing? Tell your friends and neighbors about this class, which will teach them to breathe properly, sing on pitch and have fun at the same time. Participants will sing as a group, but will focus on individual performance.

Instructor: Patrick's Music School

Age: 16+ yrs Fee: \$91/6 wks Location: PMS
#5013.300 MON 6/17-7/22 5:30-6:20 pm

BEGINNER GUITAR FOR ADULTS

Students will learn the basics of guitar playing, note reading and theory. Students must provide their own guitar; no guitar rentals are available at the school. A \$25 materials fee is payable to the instructor at the first class meeting.

Instructor: Music Hill Center

Age: 19+ yrs Fee: \$110/8 wks Location: LHYS
#5009.300 FRI 7/12-8/30 6:45-7:30 pm

BEGINNER KEYBOARD FOR ADULTS

Students will learn the basics of piano playing in a group setting. Keyboards are provided in class, however students must have a piano or electronic keyboard to practice with at home. A \$20 material fee is payable to the school at the first class meeting.

Instructor: Music Hill Center

Age: 18+ yrs Fee: \$110/8 wks Location: LHYS
#5004.300 WED 7/10-8/28 7:00-7:45 pm

Art

QUILTING

★NEW★ This is the time to finish our quilting projects. If you need to finish your UFO, I'm here to help you. Quilting fun and friends is what summer is all about. There is a \$5 supply fee payable to the instructor at the first class meeting. **No class on Thursday, July 4th.**

Instructor: Beverly Smyth

Age: 18+ yrs Fee: \$64/8 wks Location: LHCC
#7002.300 THUR 6/20-8/15 6:00-9:00 pm

INTRODUCTION TO DRAWING TECHNIQUES

This is a beginning course to introduce and develop drawing skills through demonstrations and examples of master drawings from children's book illustrations, animation and technical drawing. Course will cover contour, line, structure, perspective, light/shadow, color and modeling form.

Instructor: Carlos Moreno

Age: 15+ yrs Fee: \$40/5 wks Location: LHCC
#7003.300 MON 6/17-7/15 6:30-8:00 pm
#7003.301 MON 7/22-8/19 6:30-8:00 pm

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Orange County Youth Center @ La Habra

441 E. Whittier Blvd. Suite A
La Habra, CA 90631

Open Monday-Friday
8:00 a.m.-5:00 p.m.

562-383-4227

Do you want to... Get a job & get your High School Diploma?



ARE YOU: A high school dropout? • 17-24 years old?
Unemployed? • Motivated to make a CHANGE in your life?

THIS IS YOUR CHANCE!

Through the new Academy program at the Orange County Youth Center, you have the chance to earn your high school diploma AND gain paid work experience. Call for details!

This WIOA/Title I financially assisted program or activity is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities. If you need special assistance to participate in this program, call 562-383-4227. TDD/TTY users please call the California Relay Service at 800-735-2922 or 711.

Personal Enrichment

MICROSOFT OFFICE APPLICATIONS FOR ALL AGES

Whether you want to use your computer to edit a document, create a slide show presentation, have fun with animations, or produce tables and spreadsheets with calculations, this class will let you explore the basic skills to enrich your computer knowledge in Microsoft Word, Excel and PowerPoint. Experienced learners can sharpen their skills to master advanced features. Hands-on exercises are included to accelerate the learning process. A \$10 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, July 4th.**

Instructor: AGI Academy

Age: 16+ yrs Fee: \$108/8 wks Location: PP
#5002.300 THUR 6/13-8/8 8:00-8:45 pm

INTRODUCTION TO COMPUTERS & THE INTERNET FOR AGES 55+

It's never too late to learn computers! Explore the basic skills to enrich your knowledge, understand the terminologies and access the online world through the internet. You will be surprised at how much you will enjoy this adventure! Experienced learners can sharpen their skills to master advanced levels. Our hands-on

exercises can accelerate the learning process, making it easy and fun. A \$10 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, July 4th.**

Instructor: AGI Academy

Age: 55+ yrs Fee: \$108/8 wks Location: PP
#5007.300 THUR 6/13-8/8 1:30-2:15 pm

BASIC DOG OBEDIENCE 101

The class offers instruction on basic obedience, sit, stay, recall/come, loose leash walking, heel and down/stay. Problem behaviors such as jumping, nipping and biting will be addressed, as will house manners, meet and greets, and boundary training. The instructor has over 20 years of working with dogs of all breeds and graduated from the Animal Behavior College, where he learned basic obedience, intermediate and advanced dog skills. He also specializes in "aggression behavior". Dogs must be at least five months old to participate in the class. Equipment required includes a standard six ft. leash (non-retractable), treats and a pouch for the treats. There is a \$10 supply fee for handouts. **The first class will be an orientation without dogs at the Community Center. Please bring proof of vaccination and your supply fee.**

Instructor: Larry Ontiveros

Age: 16+ yrs Fee: \$99/7 wks Location: SMP
#5003.300 SAT 6/8-7/20 10:00-11:00 am

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

For further information, please call 562-383-4200.



La Habra Meals on Wheels presents

Blues & BBQ: A Night in New Orleans

**Saturday, June 22
5 until 9 p.m.**

**1287 West Road
La Habra Heights**

Music by The Chris Anderson Group

Sweet Lou's BBQ

Caricatures by Raoul Pascual

Silent auction & raffle

Food, open bar, music, dancing & raffle all included in your ticket price.

\$50 Buy advance tickets at Lahabramealsonwheels.org. \$55 at the door.
Park at Hillcrest Church (2000 West Road) for shuttle service, or use Uber or Lyft.

Hosted by Rafael & Esther Fernandez